



## Lamb Meatballs in Green Curry Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup breadcrumbs fresh
- ☐ 13.5 ounce coconut milk canned (do not shake)
- ☐ 1 cup cilantro leaves packed chopped
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.5 teaspoon garam masala
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground cumin

- ☐ 1 pound lamb
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon tamarind paste fresh (sold at Indian grocers)
- ☐ 1 serrano chiles minced seeded
- ☐ 1 tablespoon vegetable oil
- ☐ 1 medium onion yellow chopped

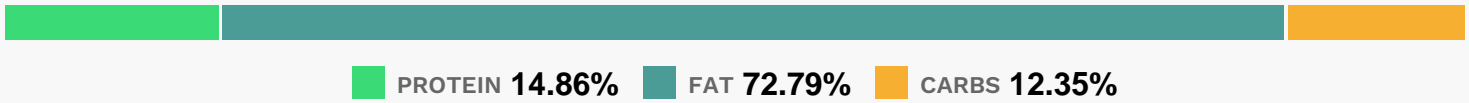
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ To make the meatballs, mix the ground lamb, bread crumbs, egg, cumin, garam masala, and salt together in a large bowl. Cover and refrigerate for at least 15 minutes or up to 4 hours.
- ☐ To make the sauce, heat the oil in a large saucepan over medium heat.
- ☐ Add the onion, garlic, ginger, and chile and stir well. Open the can of coconut milk. Spoon out and measure 1/2 cup of the thick coconut milk that has risen to the top.
- ☐ Add to the saucepan with the cumin and garam masala. Cook until the onion mixture is softened and the coconut milk is reduced and looks oily, about 5 minutes.
- ☐ Add 1 cup water, the cilantro, tamarind concentrate, and remaining coconut milk (about 1 1/4 cups).
- ☐ Whisk well and bring to a simmer. Reduce the heat to medium-low and cook, whisking occasionally, until slightly reduced, about 10 minutes.
- ☐ Using your hands rinsed under cold water, shape the meat mixture into 24 equal small meatballs.
- ☐ Transfer to a plate. Carefully add the meatballs to the simmering sauce and cover with the lid ajar. Simmer until the sauce is thickened and the meatballs are cooked through with no sign of pink, about 20 minutes. Season with salt.
- ☐ Serve hot.

# Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:1.07, Inflammation Score:-4, Nutrition Score:14.822608745616%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

## Nutrients (% of daily need)

Calories: 445.22kcal (22.26%), Fat: 36.58g (56.28%), Saturated Fat: 21.9g (136.88%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 11.53g (4.19%), Sugar: 4.08g (4.53%), Cholesterol: 86.19mg (28.73%), Sodium: 329.38mg (14.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.6%), Manganese: 0.77mg (38.55%), Selenium: 23.45µg (33.5%), Vitamin B12: 1.85µg (30.87%), Vitamin B3: 5.73mg (28.65%), Phosphorus: 227.66mg (22.77%), Zinc: 3.34mg (22.26%), Iron: 3.2mg (17.76%), Vitamin K: 16.12µg (15.35%), Copper: 0.3mg (15.24%), Vitamin B2: 0.25mg (14.65%), Vitamin B1: 0.21mg (14.17%), Magnesium: 50.9mg (12.72%), Potassium: 439.47mg (12.56%), Folate: 43.24µg (10.81%), Vitamin B6: 0.21mg (10.31%), Fiber: 2.45g (9.78%), Vitamin B5: 0.84mg (8.44%), Vitamin C: 5.12mg (6.2%), Calcium: 57.63mg (5.76%), Vitamin A: 239.45IU (4.79%), Vitamin E: 0.62mg (4.16%), Vitamin D: 0.24µg (1.62%)